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Tuesday, December 29, 1998

Vol. 51, No. 34

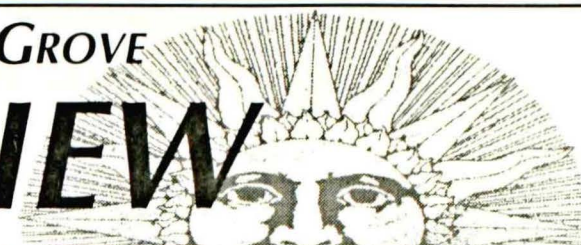
Tuesday  
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THE LEMON GROVE

# REVIEW



## Looking back: Live East County 1998

by Marv Rosen  
with Joe Naiman

In the world of sports, fitness and recreation, 1998 was a year of extremes for East County. Nothing could have been sadder than the untimely death of Leon Bender on May 30. The former Santana High School star lineman had just signed a large professional football contract after being a mainstay for Washington State in its Rose Bowl year.

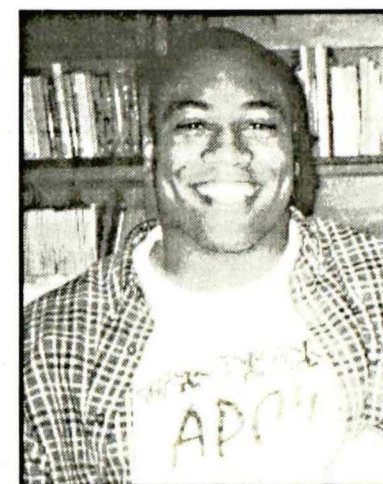
Everyone was dismayed that such a young person, looking at a bright future in pro football, would be struck down by an epileptic stroke after having kept it under medical control through high school, community college and at the university level.

On the joyful extreme was Helix High School's football team, which won its 4th CIF football title (Div. 2) by a 19-7 score Dec. 8 after entering the playoffs unseeded.

As the only East County team to make finals in football, Helix pushed coach Jim Arnaiz to the 200-win mark, making him only the third coach in San Diego County history to reach that figure.

Earlier in the year, East County teams again won two CIF baseball crowns, Monte Vista in Div. II and Granite Hills in Div. I. Last year, it was Grossmont and Christian gaining titles.

Homerun-hitting was an international story. At home, we looked at the uproar caused by the use of Androstere and creatine by record-setters Mark McGwire and Sammy Sosa. The so-called "food additives" turned up on many campuses despite potential dan-



Leon Bender's sudden death in late May shocked East County.

gers to athletes using them at young ages.

Forum Publications covered the whole spectrum, expanding our Tuesday Sports Weekly into Tuesday Live!, adding recreation and fitness news and changing to a "magazine" look.

Other stories of important to East County unfurled as follows:

### January

The annual Steve Scott Mile in Santee draws its usual large contingent of runners (and walkers) and a goodly crowd despite the threat of rain.

The main event winner, Edgar Olivera, wins in 3:57 with nine runners following within two seconds.

This is also the month for our "Not the Super Bowl" edition, a reaction

to the dead-horse media blitz of the game, hosted in San Diego.

Many future Major League baseball players turn out for the annual local baseball camps run by El Capitan coach Steve Vickery.

A plum is picked for Lakeside when the Lakeside Rodeo receives the award for the IPRA's Best Outdoor Rodeo of 1997 at the International Professional Rodeo Association finals in Oklahoma City.

### February

February is a light month, but El Cajon's Mike Smith, one of the first FM radio and TV sports broadcasters in San Diego County, marks 31 years in the business.

### March

As usual, this is a busy month with all the high school finals.

Rachel Roman is selected as Miss Rodeo Lakeside for 1998. Jessica Stokes is first runner-up and Winnona Munday is second runner-up.

Monte Vista boys roller hockey club team proves itself by taking the county championship.

East County boys and girls high school soccer team players raised money to benefit popular coach Derek Berry, injured in an automobile accident. Berry coached Valhalla High School, Cuyamaca College and the Hotspurs Soccer Club.

Five East County high school players are among the 25 honored by the National League Foundation and the College Hall of Fame. The players

Continued on Page 2



## College scholarships

Now is the time to act for high school seniors and college students who need scholarship money for college next fall. Many scholarships that will help families pay for tuition, room and board, textbooks, lab fees and a myriad of other related expenses will be awarded over the next several months.

Although this is the season that student focus on applying to colleges, it is vitally important for families to have applications in soon for scholarship sources so that they can receive money when the scholarships are awarded.

Unfortunately, many families delay seeking help in searching for scholarships that can help them and they miss out on money that they are qualified to receive. Many are forced into relying on burdensome debt to finance their education. U.S. Department of Education and financial aid experts note that many students miss out on scholarship help.

Here are a few worth looking into:

### American General Scholarships

High school students looking for scholarships to help supplement the cost of college, vocational or technical school have another option, the American General Character Stars Scholarship.

More than 100 high school seniors will win the scholarship for demonstrating the character traits of trustworthiness, responsibility, respect, kindness and good citizenship.

To qualify for an American General Character Stars Scholarship, students must be public high school seniors. They should have average to above-average grades that place them in the top third of their class, and must present evidence of good character in two letters of recommendation (one from a high school official and the other from a community leader).

Students will also be evaluated based on involvement in extracurricular activities and a 250-word essay. The student's taxable family income cannot exceed \$50,000.

Scholarship winners receive \$500, which may be used for the college, technical or vocational school of their choice within the United States.

An overall winner is chosen in each state receiving an additional \$1,000, for a total of \$1,500. Applications are due March 1. For more information on the American General Character Stars Scholarship, call (615) 320-3149.

### Coca-Cola Scholars Foundation

Students can apply for 150 awards of \$4,000 - \$10,000 based on leadership, academics, motivation and extracurricular activities through the Coca-Cola Scholarship Committee, P.O. Box 442, Atlanta, Ga. 30301-0442.

### William E. Schmidt Foundation

Awards from \$5,000 - \$10,000 are awarded to students from 16 - 20 years of age through the foundation. Application deadline is March 31. Send requests to 4445 Commerce Street., Evansville, Ill. 47710.

### Tylenol Scholarship

The McNeil Consumer Products Company which makes Tylenol is offering 510 awards of \$1,000 - \$10,000 for elected class officers: Write P.O. Box 8499, Clinton, Iowa 52736-8499.

### John Gyles Education Fund

This fund has scholarships available awards of up to \$3,000 to full-time post-secondary students with U.S. or Canadian citizenship.

Applicants should send SASE to the John Gyles Education Fund, Attention James Cogle, Administrator, P.O. Box 4808, 712 Riverside Drive, Fredericton, New Brunswick, Canada E3B 5G4.

### Educational Communications Scholarship

This foundation awards 200 scholarships of \$1,000 to students with a GPA of "B" or higher to U.S. citizens. Send request to ECSF, 721 N. McKinley Road, P.O. Box 5012, Lake Forest, Ill. 60045-5012.

### Hitachi Foundation

The Hitachi Foundation grants scholarships of \$5,000 to high school through college graduates who have demonstrated community service. Requests to Hitachi Foundation, Yoshiyama Award, 1509 22nd St. NW, Washington, D.C., 20037.

### Scholarship lists available

There are hundreds of thousands of scholarship and grant sources available to students who take the time to locate them. For additional updated information on other financial aid sources, a "Steps-to-Success Timetable" for receiving scholarship aid and how to receive awards from 400,000 independent sources, send \$3 to the National Academic Funding Advisory (NAFA), 188 Summer Street, Scholarship Dept. S1, Portsmouth, N.H. 03801.

Send your Fictitious Business Statement to

**\$22!!!**

**The Lemon  
Grove Review**

Box 127, Lemon Grove, CA 91946

## The Lemon Grove Review

Box 127, Lemon Grove, CA  
91946 • (619) 469-0101

Published Tuesdays and Thursdays  
Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County, December 5, 1949. Entered as Third Class matter in La Mesa, CA.

Adjudication Number 155392  
\$20 yearly in San Diego County  
\$40 yearly elsewhere in U.S.A.

### Steven Saint, Publisher

Assistants to the publisher:  
Cheryl Cohen, Trudy Thomas  
Sports Editor: Mary Rosen  
Contributing writers: Cheryl Cohen,  
Michael Krawczak, Joe Naiman,  
Paul Treske, Betty Jo Tucker,  
Jason Williams

### Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

### Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

## Lemon Grove Almanac

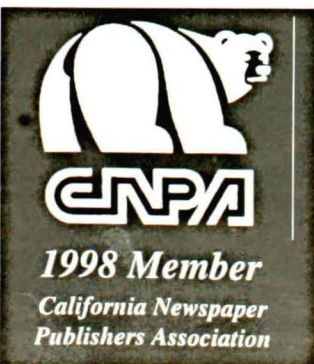
1994 Population: 25,100  
Incorporated: 1977  
Area: 3.75 sq. mi.  
Median income: \$34,399  
1996-97 city budget: \$26.3 million  
1996 taxable sales: \$265 million

Mayor: Mary Teresa Sessom  
Council: Thomas Clabby  
Craig Lake  
Dwight Shelley  
Jill Greer

City Manager: Doug Yount  
Planning Director: Linda Niles  
City Attorney: Gloria McLean  
City Clerk: Christine Taub  
Sheriff's Capt.: Yolanda Collins

Congressional district:  
52nd - Duncan Hunter  
State Senate district:  
40th - Steve Peace  
State Assembly district:  
77th - Steve Baldwin  
Supervisory district:  
2nd - Dianne Jacob

Libraries: 1  
Post offices: 1  
Parks: 4



## Community Notes

### Voices for Children seeks volunteer advocates

Voices for the Children is seeking volunteers to serve as Court Appointed Special Advocates (CASA) and to provide consistency and support to a child in the dependency system. CASA volunteers research the case, interview all parties involved, attend one or two court hearings a year and receive ongoing feedback from the children.

The last information session before winter training begins will be on Jan. 5. For further information on how to become a volunteer in East County, call 569-2019.

## Lemon Grove Fire Log

### Oct. 8, 1998

8000 blk. Broadway. Commercial burglary. 25 cents.

### Nov. 13 - Dec. 13

3200 blk. Acacia St. Residential burglary. \$90 value.

### Dec. 3 - 4, 1998

1300 blk. Skyline Dr. Petty theft. \$150 value.

### Dec. 4 - 7, 1998

6500 blk. Federal Blvd. Commercial burglary. \$7,800 value.

### Dec. 6, 1998

7500 blk. Broadway. Commercial burglary. \$786 value.

7000 blk. Broadway. Petty theft. \$204 value.

### Dec. 8, 1998

2400 blk. Washington St. Residential burglary. \$170 value.

### Dec. 10, 1998

3500 blk. Grove St. Stolen vehicle. No value given.

7800 blk. Broadway. Commercial burglary. \$350 value.

### Dec. 11, 1998

7500 blk. Broadway. Stolen vehicle. No value given.

### Dec. 11 - 12, 1998

1900 blk. Dain Dr. Petty theft. \$400 value.

### Dec. 12 - 13, 1998

7900 blk. Lemon Grove Wy. Vehicle burglary. \$130 value.

### Dec. 12 - 14, 1998

7300 blk. Broadway. Petty theft. \$150 value.

## PUBLIC NOTICES

### CITY OF LEMON GROVE COMMUNITY DEVELOPMENT DEPARTMENT NOTICE OF

PUBLIC HEARING AND  
NOTICE OF FILING OF A  
NEGATIVE DECLARATION  
FOR A PROPOSED ZONING  
ORDINANCE AMENDMENT

NOTICE IS HEREBY GIVEN THAT the Planning Commission of the City of Lemon Grove will hold a public hearing on Monday January 25, 1999 at 7:00 PM in the Lemon Grove Community Center, 3146 School Lane, Lemon Grove. SUBJECT: HEARING - ZONING ORDINANCE AMENDMENT ZA98-07 AND CERTIFICATION OF NEGATIVE DECLARATION 98-ND-13 TO CONSIDER AN AMENDMENT OF THE SIGN ORDINANCE CHAPTER 18.12 SECTION 18.12.080K EXEMPTED SIGNS OF THE CITY OF LEMON GROVE DEVELOPMENT CODE TO ALLOW FLAG POLES TO BE A MAXIMUM OF 60 FEET ABOVE FINISHED GRADE. LOCATION: CITY-WIDE APPLICANT: CITY OF LEMON GROVE.

At said hearing, any interest person may appear and be heard. A Draft Negative Declaration of Environmental Impact has been filed by the City of Lemon Grove for this project. The Initial Study which has been prepared for this project is available for public review in the Office of the Community Development Department, 3232 Main Street, Lemon Grove, California 91945.

Written comments regarding the adequacy of this Negative Declaration must be submitted to the City of Lemon Grove Community Development Department, 3232 Main Street, Lemon Grove, California within twenty-one (21) days of the date of this Notice.

Questions regarding this hearing may be addressed to Mary Jo Wilson at (619) 464-6934 or in person at 3232 Main Street, Lemon Grove, CA 91945-1797 between the hours of 8:00 AM - 9:30 AM and 3:30 PM - 5:30 PM. LINDA S. NILES, COMMUNITY DEVELOPMENT DIRECTOR. IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT (ADA), THE CITY WILL PROVIDE SPECIAL ACCOMMODATIONS FOR PERSONS WHO REQUIRE ASSISTANCE TO ACCESS ATTEND AND/OR PARTICIPATE IN MEETINGS OF THE PLANNING COMMISSION. IF YOU REQUIRE SUCH ASSISTANCE, PLEASE CONTACT

### THE COMMUNITY DEVELOPMENT DEPARTMENT AT (619) 464-6934 AT LEAST FIVE DAYS PRIOR TO THE SCHEDULED MEETING

Lemon Grove Review  
December 29, 1998

### CITY OF LEMON GROVE NOTICE ADVERTISING FOR BIDS

Sealed proposals will be received by the City Engineer of the City of Lemon Grove, 3232 Main Street, Lemon Grove, California, up to the hour of:

4:00 P.M. on the 14th day of JANUARY, 1999 for the purchase of one (1)

### SERVICE BED TRUCK Contract No. 98-26

Copies of the detailed specifications containing all information, bid proposal and contract may be obtained from the office of the City Clerk, Lemon Grove City Hall, 3232 Main Street, Lemon Grove, California 91945.

All bids received will be publicly opened and read at the City Offices at the time stated above. A specific agreement and purchase order contract will be approved and awarded by the City Council at a subsequent City Council meeting.

The Lemon Grove City Council reserves the right to accept or reject any or all bid proposals. The Public Works Director/City Engineer shall be the sole contracting authority with regard to acceptance, rejection or responsiveness to bid specifications.

Proposals shall be subject to acceptance within a period of thirty (30) days following the date of bid opening, and may be extended by mutual agreement between the city and the lowest responsive bidder. The successful bidder shall, within ten (10) days after award, enter into the written contract supplied by the City. No bid may be withdrawn for a period of thirty (30) days after the date set for the opening of bids.

Date: Dec 15, 1998

/s/ Charles D. Stuck

CHARLES D. STUCK

Public Works Director/City Engineer

The City of Lemon Grove complies with the Americans with Disabilities Act. If you require reasonable accommodations for this bid opening, contact the City Public Works Department at (619) 464-6934 at least 48 hours prior to the scheduled opening.

Lemon Grove Review  
Dec. 29, 98 & Jan. 7, 1999



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Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

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**FREE**

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3536 msg, need volunteers

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92121 Attn: PROD, or fax to 535-1778  
or e-mail: celeste@acefitness.org

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26. \_\_\_\_\_ 27. \_\_\_\_\_ 28. \_\_\_\_\_ 29. \_\_\_\_\_ 30. \_\_\_\_\_

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Mail your copy to: P.O. Box 127, Lemon Grove, CA 91946



# Live 1998

selected include **Lon Sheriff** (now at SDSU) and **Jeffrey Strick** of West Hills High School, **Ryan Chavez** of Santana, **Chris Hakim** of Monte Vista and **Richard Bravin** of Valhalla. They all had a minimum B average and had been selected as all-



Rachel Roman  
1998 Miss Lakeside Rodeo

league.

**Santana High School girls basketball team** loses its chance to repeat as CIF champions by two points, to Eastlake High School in the finals.

East County wrestling teams completely dominate the Div. II CIF finals as defending champion Valhalla wins, trailed by Monte Vista

Continued from Page 1

and El Capitan.

## April

Residents of the **Monte Vista Village** retirement complex build a small, girls softball (Bobby Sox - minis) field on their property to the enjoyment of the youngsters playing and the not-as-young spectators.

World leader **Keith Hinson** wins calf roping with a time of 10.4 seconds at a **Lakeside Rodeo**.

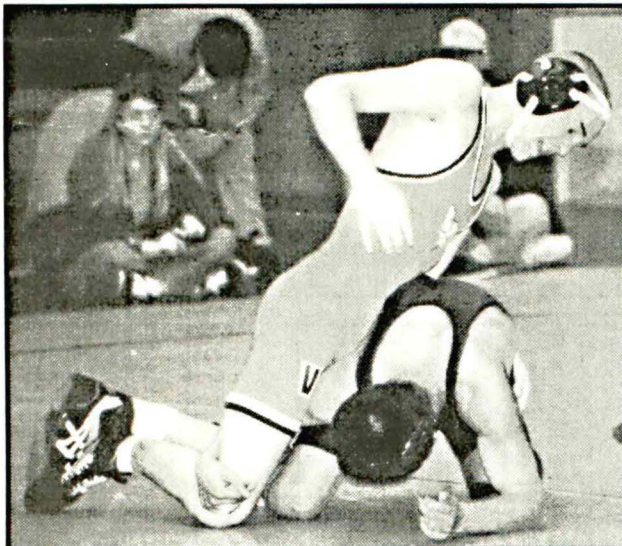
A **Santee American Youth Soccer (AYSO)** team, the **La Mesa All-stars**, makes it all the way to the Tri-Sectional (Southern California) finals before losing a shoot-out game to a team from Riverside.

Players on the San Diego State baseball roster, including several from East County, are overawed by the opposing team, the **New York Yankees**, during a spring exhibition game for the major leaguers.

The Yankees, of course, later beat the hometown **Padres** in the **World Series**.

## May

Swimming pools start



Ranked #1 in the state, Valhalla's J.J. Roberts (114 lb.) had no problems with his El Cajon Valley opponent during the CIF finals at Grossmont on Feb. 21.

Photo by Greg Eichelberger

getting a lot of use. The **Lakeside Boys & Girls Club basketball team** wins a county championship.

Sports opportunities open for adults throughout East County at recreation centers.

A wheelchair can't stop **Lakeside's Celeste Overby** from gaining a black belt in Tang Soo Do.

Chiropractor Dr. Alan Tuttle offers winning tips for the ever-present battle-of-the-bulge.

Racer **Todd Mc-Lauchlan**, **Mike Salm** and his pit crew offer to shave their heads if \$300 can be raised for the **Chris Trickle Fund** (critically injured driver in a drive-by shooting) to benefit victims of violent crime. The challenge raises more than \$1,000 and takes the hair from Salm and three pit crew members.

## June

**Brad Jenkins** becomes part of two-generation racing families at **Cajon Speedway**. Three other father-son combinations race there.

Spring Valley veteran

**Richard "Hutch" Hutchinson** wins another gold medal at the **National Veterans Golden Age games** in wheelchair bowling.

## July

Our "Guide to Martial Arts" gives in-depth look at the growing sport-discipline, what the various forms are and where schools can be found. The differences between "recreational" and "competitive" forms are explored.

Local soccer teams fare well in the annual **Cal Games**. **Meghan Sanchez** of Murdock Elementary in La Mesas gets two silver medals in 10- and 11-year-old division.

Hay fever hits hard and Physicians Health Care notes that combating the problems of the "sneeze season" is normally accomplished by either avoiding the pollens (staying indoors with a good air conditioner, for example) or medication.

## August

East County health food store managers describe their "fat-burning" products,

what they are and what they will and will not do.

An **arm-wrestling camp** is held in La Mesa.

East County **Little League** teams make it section finals, a final step before the Little League World Series, but didn't advance.

## September

A new **skateboard park** opens in Santee - well used, and, on several occasions, causes Sheriff's deputies to boot people out after the park closes at 10 p.m.

A close look at aerobics and other forms of non-athletic exercises is featured in **Tuesday Live!**

El Cajon's **Jimmy Dickerson** wins the Grand American Modifieds championship, Lakeside's **Mike Carver** wins the Street Stocks title, El Cajon's **Ed Hale** wins the Pony Stocks division and **Rich Serrano** finishes first in the Bomber Stocks at **Cajon Speedway**.

## October

Golf proves to be helpful to recovering stroke and heart attack victims in a Grossmont Hospital program.

Half of the girls tennis teams in Grossmont League get new coaches, including favored Valhalla.

Two high school girls, **Amanda Delia** (El Capitan) and **Julia Peterson** (Helix) make freshman football teams as line players.

Two other girls win national BMX titles: **Erika Short** of Lemon Grove in 9-and-under and **Ashley Recklau** of Lakeside in 12-and-under.

The **IPRA Western Region Finals** are held at the Lakeside Rodeo Grounds.

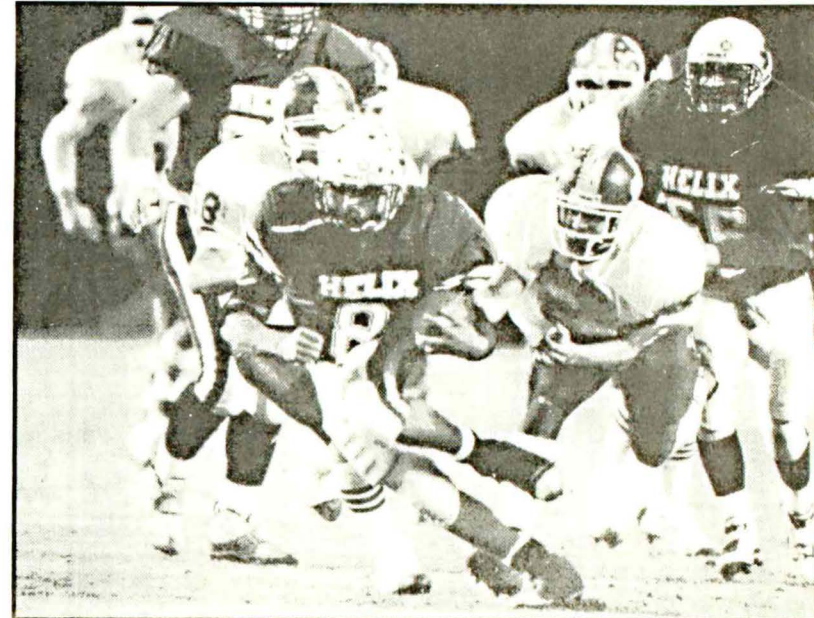
## November

**Emily Balmert** of Rancho San Diego (Hillsdale Middle School) wins the San Diego County girls 11-12 **Junior Golf Association** title after winning nine titles, including the Singing Hills tournament. Just behind her in the standings is perpetual contender **Petra Cole** (Our Lady of Grace School).

East County cross country runners **Courtney Baird** (Helix) and **Evan Fox** (West Hills) win SD CIF (Div. 1).

The **Silver Foxes** win their seventh age 75+ softball crown at **Senior Softball World Series**.

The Quad Rugby tournament at Balboa Park shows athletic competi-



Helix's Jason Van (#8) ran for 243 yards against Chula Vista as he led the Highlanders to the Div. II title last Tuesday. The junior's ability was an important ingredient in the 19-7 win over the Trojans.

Photo by Sam Stone

tiveness of wheelchair-bound players

La Mesa senior **Ann Martin** wins three World Senior Games medals.

The final **Barona** race of the season, scheduled for Nov. 14, is cancelled as new owner **Jim Scribellito** converts the 1/6-mile track to a 1/4-mile track.

## December

**Tuesday Live!** provides an inside look at running - how to run, type of

running and the dangers of running to knees, joints and ankles, if not done properly. **Dr. Anthony Succi**, SDSU professor of exercise and nutrition, says that injuries of this type are almost unavoidable, and that having good running mechanics helps to minimize this type of running injury.

Helix rules CIF football. Life is good!

Happy New Year!

Thanks to all the East County merchants, businesses and local governments who made **Tuesday Live!** possible this past year!

- City of La Mesa
- City of Lemon Grove
- City of Santee
- La Mesa-Spring Valley School District
- Grossmont Union High School District
- 50,000 Books
- American Digital Network
- Art-OLÉ
- ASSE International Student Exchange
- Gentlemen's Resale
- Henry's Marketplace El Cajon
- Henry's Marketplace Santee
- Iron Mountain Outfitters
- K.Q. Ranch, Julian
- Kickboxing Center
- Mayor Art Madrid
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